**Sport**

stamina , fatigue , sore , contraction, resilience, breathlessness, hooked up , suple, agile , knackered

After 5 kilometers I end up with …………………………………………..I am out of breath and feel …………………………..

Riding a bike improves your ………………………………………and …………………………………performance .By virtue of daily cycling your body becomes more ……………………………….and ……………………………..

I feel physical……………………….. after the whole day of running

I got ………………………..by windsurfing. It is trully exhilarating

Due to exertion I got ……………………..and was unable to move

Next day after intensive training I suffered from muscle ………………………